

Benefits

+ Active Employees

Resources

+ Retiree / COBRA

SD State Employee Benefits Plan
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BENEFITS BULLETIN

A Monthly Newsletter from the South Dakota Benefits Program

Complete Your Online Health Assessment

The [online health assessment](#), one of the three wellness qualifications, is designed to show how your lifestyle habits affect your overall health. After you've completed your assessment, the information provided will be used to create a summary of your well-being while also recommending resources and programs that might benefit you.

The assessment questions will take approximately 10 minutes to complete. Please note that it will take two hours for your health assessment to show as complete under the My Progress tab.

You must complete your Online Health Assessment by April 1, 2020 to meet this wellness qualification. Meeting the three wellness qualifications allows you to elect the Low Deductible Health Plan for FY21 or receive the full State HSA contribution should you elect the High Deductible Health Plan.

EAP Webinar – Making a Life While Making a Living: Work-Life Balance

This session will help participants identify various ways to achieve balance with personal, family, and work responsibilities. The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this session, participants will find answers that will allow them to be more effective and more satisfied with both their home and work lives.

Earn 25 wellness points if you watch this webinar and enter the date at benefit.staywell.com. To log your points, go to the My Progress bar, arrow down to Employee Assistance Program and enter the date you completed the webinar. The maximum number of points you can earn in the Employee Assistance Program section is 50 points. [This webinar is available for viewing any time during the month of August.](#)

Follow Benefits on Social Media

The South Dakota State Employee Benefits Program is active on Facebook, Twitter, and Instagram. Follow along for weekly updates on the benefit Well-Being Program, infographics, and discounts for special events. The benefits social media accounts are also great for staying up to date for things like Lunch and Learns, Annual Enrollment, and your three wellness qualifications deadline.

- Twitter: [www.twitter.com/benefitsdd](https://twitter.com/benefitsdd)
- Facebook: www.facebook.com/sdbenefits
- Instagram: www.instagram.com/benefitsdd

What's Next in the Lunch and Learn Series?

Tune into SD.net at 12:10 pm CDT, on Wednesday, August 14, for a presentation on the benefit Well-Being Program. This is a fantastic opportunity to ask questions from the experts about such topics as the wellness qualifications, challenges, digital workshops and more! Visit <https://bhr.sd.gov/benefits/LunchandLearns.html> to learn more.

FYI Infographic

The Million Steps Challenge By the numbers - FY19

- 1 Million Steps Completed - 1,191
- 2 Million Steps Completed - 594
- 3 Million Steps Completed - 179

Want to earn points for FY20?

Earn 25 wellness points for every one million steps.

Learn more at:
<https://benefit.staywell.com/>

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